Take-aways

1. Character Counts: Integrity and character are paramount.
   (Character counts) is my number one takeaway because I noticed growing up in the environment I grew up in. People who did not constantly practice self-improvement in their characteristics were at a disadvantage for success. This is why it is my first key choice.

2. Self-Discipline: Discipline is crucial for personal and professional growth.
   (Self-discipline) is my second key takeaway because, from an early age, I always noticed that people from my hometown who did not emphasize self-discipline were less structured, successful, and motivated. This is why it is my second key choice.

3. Patience and Perseverance: Success requires time and continuous effort.
   (Patience and Perseverance) would be my third key choice because I have always had a knack for being able to stop or slow down at the right moments, and on the drop of a dime. I constantly receive compliments on my ability to be patient in situations in football and basketball. There is something about using power and finesse equally to ensure success, which also makes me feel like patience is a key step toward a successful well-being. This is why it is my third key choice.

4. Love and Passion: Passion for what you do is essential.
   (Love and Passion) is my fourth key choice. Growing up, I always told myself that if I couldn't do something without some type of financial benefit, then I did not have love or passion for it. Love and passion, to me, are the ultimate motivators and boosters. Having love for something just because you can compete and feel better than others, or for any type of benefit such as money, never made sense to me. I have always felt like it defeats the purpose of having love for that subject. This is why it is my fourth key choice.

5. Balance: Maintain a balance in life beyond sports.
   (Balance) is my final key choice because I have always felt that not being able to maintain a balanced set of emotions, a balanced mindset, or a balanced lifestyle from all the things you intake daily would impair your ability to be your best self. This is why it is my fifth key choice.

6. Preparation Over Outcome: Focus on preparation and effort, not just winning.

7. Learning from Failure: Failures are learning opportunities.

8. Continuous Improvement: Always strive to improve and learn.

9. Personal Satisfaction: True success is personal satisfaction from effort, not just external achievements.